

NUTRITION NOTES

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How to Improve Your Strength—National Institute on Aging

FACT: Most people lose 20 to 40 percent of their muscle tissue as they get older. Strength exercise can restore some of the lost muscle.

HOW MUCH, HOW OFTEN:

- Start out with little or no weight for the first week. Adding weight too quickly could cause injury.
- Add 1 or 2 pound weights when you are ready.
- When doing strength exercises, do 8-15 in a row. Wait a minute, and then do another set of 8-15 repetitions.
- Stretch your muscles while you wait.
- Take 3 seconds to lift a weight into place; hold for 1 second, and take another 3 seconds to lower the weight. Don't let the weight drop!

ARM RAISES:



1. Sit in armless chair with your back supported by back of chair.
2. Keep feet flat on floor.
3. Hold hand weights straight down at your sides, with palms facing inward.
4. Raise both arms to side, shoulder height. Hold the position for 1 second.
5. Slowly lower arms to sides. Pause. Repeat 8-15 times. Rest; repeat another set 8-15 repetitions.

SAFETY:

- Check with your doctor before doing any exercises.
- Don't hold your breath during strength exercise. Breathe normally.
- Breathe out as you lift or push, and breathe in as you relax.
- Use smooth, steady movement.
- Muscle soreness lasting up to a few days is normal. Exhaustion or sore joints means you are overdoing it.
- None of the exercises you do should cause pain. Never move your arms and legs beyond normal range.

PROGRESSING:

- Gradually increase the amount of weight you use in order to build muscle.
- Start out with a weight you can lift 8 times. Keep using the weight until you become strong enough to lift it 12-15 times. Then add more weight. Keep repeating.

Other exercises to ask your doctor about:

Chair Stand—Strengthens muscles in abdomen and thighs.

Biceps Curl—Strengthens upper-arm muscles.

Plantar Flexion—Strengthens ankle and calf muscles.

Triceps Extension—Strengthens muscles in back of upper arm.

Side Leg Raise—Strengthens muscles at sides of hips and thighs.

Orange-Spiced Poached Pears

mealtime.org

Ingredients:

- 1 can (30 oz) pear halves
- 1 cup orange juice
- 1 cinnamon stick
- 1 whole clove
- 4 black pepper corns

Preparation:

- Drain the pears reserving the liquid in a small saucepan.
- Add the orange juice, cinnamon, clove, and pepper corns.
- Boil until the liquid is reduced to about 1 cup.
- Add the drained pears and continue simmering, about 5 minutes, until the liquid is lightly thickened.
- Cool the pears in the poaching liquid; serve warm or chilled.

Serves 6

Nutrition Information:

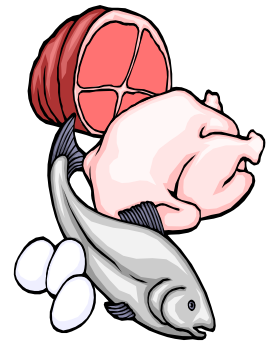
Calories 88	0 mg Cholesterol
Protein .7 g	6.5 mg Sodium
Carbohydrates 22 g	2.4 g Fiber
Fat .16 g	



Chicken Tetrazzini

Ingredients:

- 8 ounces dry spaghetti or linguine
- 1-12-ounce can evaporated milk
- 1-can low sodium cream of mushroom soup
- 7-ounce can sliced mushrooms, not drained
- 10-ounce can chicken
- 1 tablespoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 cup real freshly grated Parmesan cheese, divided
- 1 can green peas, drained
- 1/4 cup bread crumbs
- Salt and pepper to taste



Preparation: Cook pasta according to package directions, drain. Place pasta in a lightly greased or nonstick-coated 9x13" casserole dish.

- Preheat oven to 375°.
- In a medium-sized saucepan, combine milk, mushroom soup, and mushrooms (with liquid) over medium heat.
- When thoroughly blended, add chicken, onion, garlic, and 1/4 cup Parmesan cheese.
- Stir until blended and cheese has melted.
- Remove from heat and gently stir in peas.
- Pour mixture over noodles in casserole dish, and then gently toss to coat.
- Mix bread crumbs with remaining 1/4 cup Parmesan cheese and sprinkle over top.
- Bake for about 30 minutes. Top should be crisp and bubbling around the edges when done.

Serves 6

Nutrition Information:

Calories 571	49 mg Cholesterol
Protein 29 g	747 mg Sodium
Carbohydrates 50 g	4 g Fiber
Fat 14.8 g	